

ALTERNATIVE MEDICINE THERAPIES A to Z

Cheat Sheet



Acupressure

Acupuncture

Affirmative prayer

Alexander Technique

Applied kinesiology

Aromatherapy

Autogenic Training

Ayurveda

Biofeedback

Bio-resonance therapy

Chromotherapy

Color therapy

Creative visualization

Crystal Healing

Cupping

Ear Candling

EFT

Energy medicine/Radionic Therapy

Essential Oils

Faith healing

Herbalism

Homeopathy

Hypnosis

Light therapy

Magnet therapy

Magnetic healing

Manipulative Therapy

Massage therapy

Meditative Movement

- Tai Chi
- Qigong
- Meditation

Meridian

Music Therapy

Naturopathy 101

Neuro-linguistic Programming (NLP)

Nutritional healing 10:19 PM 2/11/2019

Nutritional supplements

Osteopathy

Polarity Therapy

Pranic healing

Psychic surgery

Reflexology 101

Reiki 101

Shiatsu

Spiritual Mind Treatment

Structural Integration

Support groups

Tapping

Therapeutic touch

Traditional Chinese Medicine

Traditional Japanese medicine 101

Traditional Korean medicine 101

Traditional Tibetan medicine 101

Urine therapy

Visualization

Yoga

Zang Fu Theory